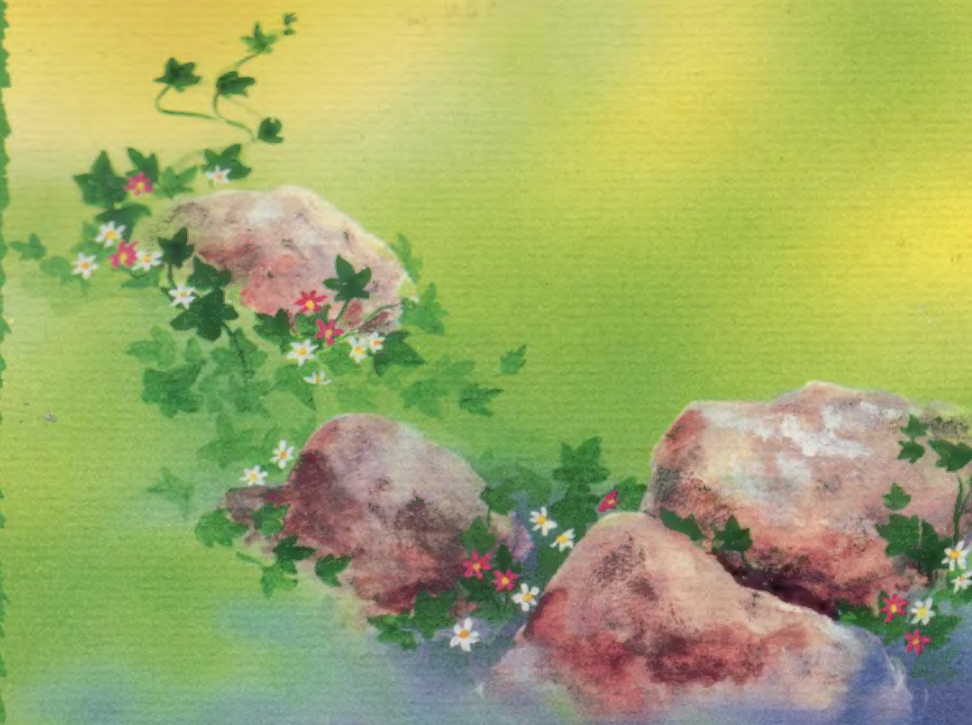


# Mottos to Live By

A collection of poems  
Edited by Susan Polis Schutz



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To My Child  
True Friends Always Remain in Each Other's Heart**

# Mottos to Live By

**A collection of poems  
Edited by Susan Polis Schutz**



**Blue Mountain Press** ®

Boulder, Colorado




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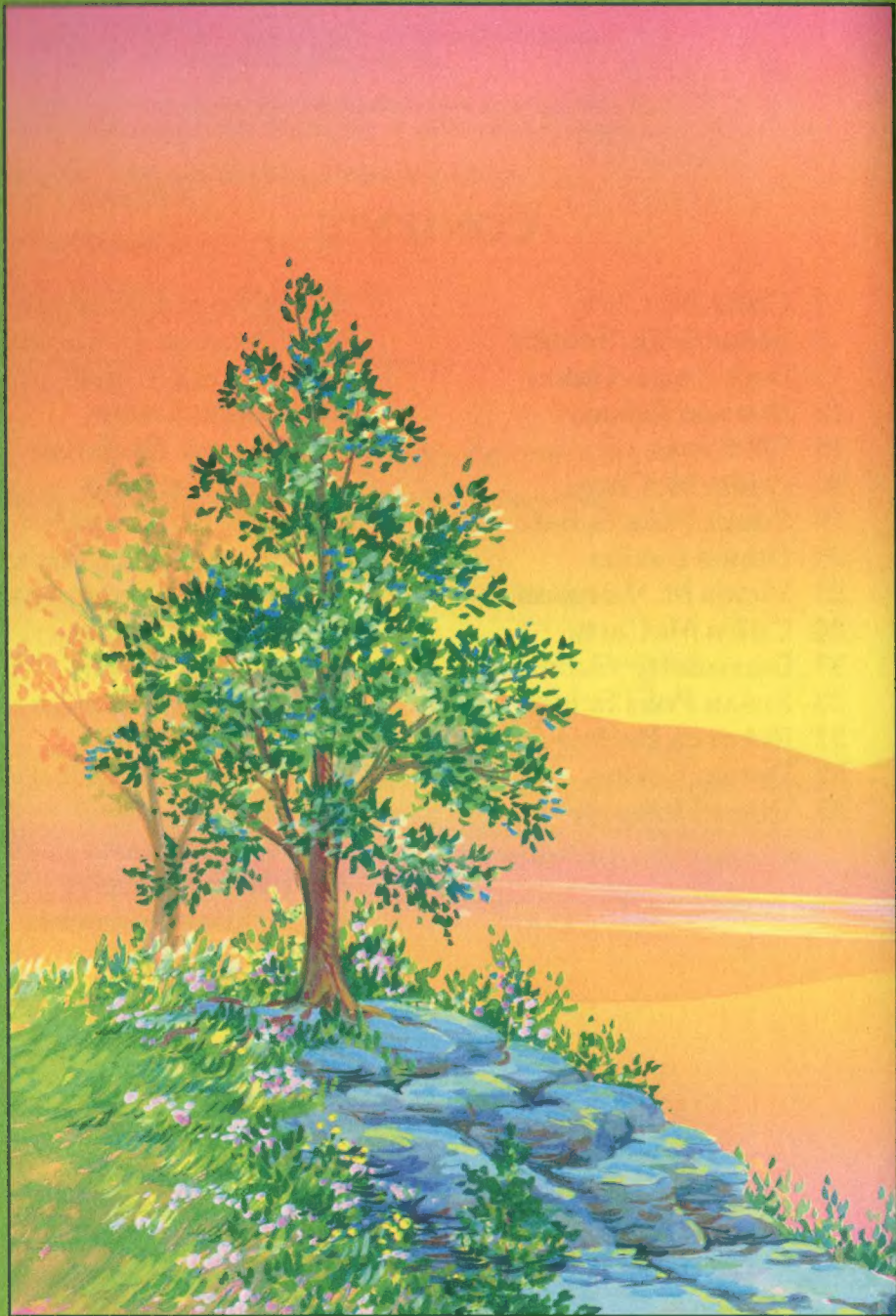
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## A Motto to Live By

**W**hen the world gets you down,  
put things in perspective.  
Move ahead in a positive way;  
don't allow yourself to become mired  
in a negative view.  
See things for what they really are.  
Don't let the little things get in the way.  
Do what you can, however you can,  
with the resources you have available  
to you.  
Don't sell yourself short;  
you have the power within you  
to change what needs changing.  
Face the situation with the resolve  
to remedy it; do what you need to do  
to put it behind you.  
Move ahead in the direction of happiness;  
go for your dreams  
and reach for your star.  
  
And remember who's in  
the driver's seat: you are.

—Collin McCarty



## Always Listen to Your Own Heart

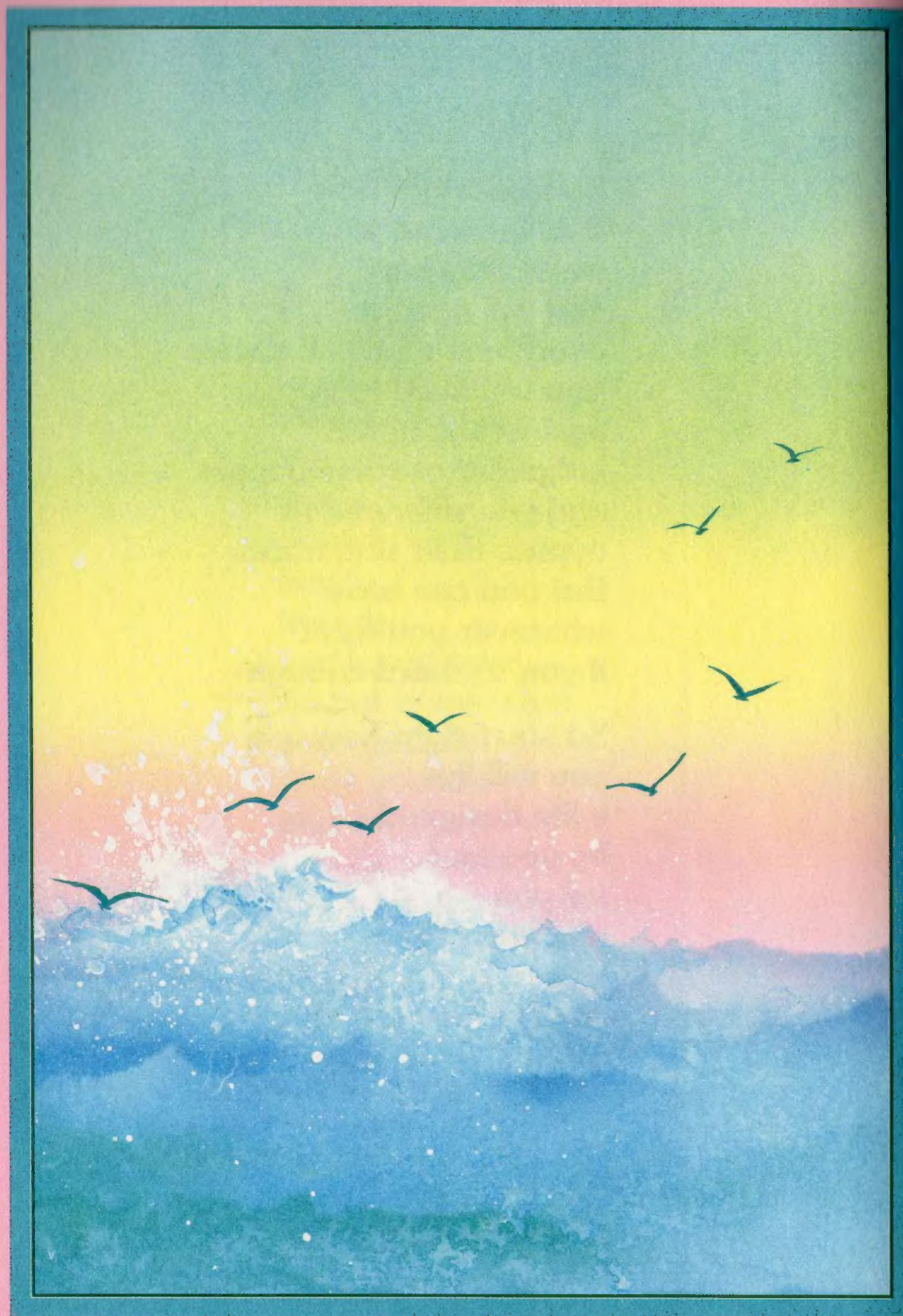
**Y**ou cannot listen  
to what others  
want you to do  
You must listen  
to yourself  
Society  
family  
friends  
and loved ones  
do not know what  
you must do  
Only you know  
and only you  
can do what is  
right for you

So start right now  
You will need to  
work very hard  
You will need to  
overcome many obstacles  
You will need to go  
against the better  
judgment of some people  
and you will need to  
bypass their prejudices  
But you can have  
whatever you want  
if you try hard enough

So start right now and  
you will live  
a life designed  
by you and  
for you  
and you will  
love  
your  
life

—Susan Polis Schutz





## You Can Do Anything You Set Your Mind To

**T**here is no task,  
large or small,  
that can't be completed  
if you set your mind  
to it.

Always remember  
that you are as strong  
as you  
allow yourself to be.

When someone says "defeat,"  
think success —  
when someone says "lose,"  
think win —  
when someone says "can't,"  
think that you can —  
and if anyone ever tells you  
that you "won't,"  
tell them that you  
most certainly will.

—Beth Fagan Quinn



## Keep Believing in Yourself

**T**here may be days  
when you get up in the morning  
and things aren't the way  
you had hoped they would be.  
That's when you have to  
tell yourself that things will get better.  
There are times when people  
disappoint you and let you down,  
but those are the times  
when you must remind yourself  
to trust your own judgments and opinions,  
to keep your life focused on believing in yourself  
and all that you are capable of.  
There will be challenges to face  
and changes to make in your life,  
and it is up to you to accept them.

Constantly keep yourself headed  
in the right direction for you.  
It may not be easy at times,  
but in those times of struggle  
you will find a stronger sense of who you are,  
and you will also see yourself  
developing into the person  
you have always wanted to be.

Life is a journey through time,  
filled with many choices;  
each of us will experience life  
in our own special way.  
So when the days come that are filled  
with frustration and unexpected responsibilities,  
remember to believe in yourself  
and all you want your life to be,  
because the challenges and changes  
will only help you to find the dreams  
that you know are meant to come true for you.

—Deanna Beisser



## There Is Greatness Within You

**T**hroughout your life, always pursue  
sensitivity and kindness  
as your chosen way.  
A sense of humor is wonderful;  
hold on to yours.  
Being able to laugh at the world  
will see you through many hard times.  
Guard against bitterness and sarcasm;  
they can destroy you.  
Be yourself; the world will benefit  
from your talent.  
Search for people who love and  
appreciate you for who you are  
and who encourage you to improve.  
Don't be satisfied with less  
than all you can be,  
for you have greatness within you.

—Bill Cross





A List of the  
“Don’ts and Do’s”  
That Will Always  
See You Through

**Don’t** ever stop dreaming your dreams;  
they’re a very essential part of you.  
**Do** whatever you can to make them a  
reality by the course you take,  
the plans you make,  
and all the things you do.  
**Don’t** dwell on past mistakes; leave  
yesterday behind you — along with any  
of its problems, worries, and doubts.  
**Do** realize you can’t change the past,  
but just ahead is the future — and  
you can do something about that.

**Don’t** try to accomplish everything at  
once; life can be difficult enough —  
without adding frustration to the list.  
**Do** travel one step at a time, and reach  
for one goal at a time. That’s the way  
to find out what real accomplishment is.  
**Don’t** be afraid to do the impossible,  
even if others don’t think you’ll succeed.  
**Do** remember that history is filled with  
incredible accomplishments of those who  
were foolish enough . . . to believe.  
**Don’t** forget that there are so many  
things that are wonderful, rare,  
and unique about you.  
And **do** remember that if you can search  
within and find a smile . . . that smile  
will always be a reflection  
of the way people feel . . . about you.

—Collin McCarty



## This Life Is Yours

**T**his life is yours  
Believe in yourself  
Take the power  
to choose what you want to do  
and do it well  
Take the power  
to love what you want in life  
and love it honestly  
Take the power  
to walk in the forest  
and be a part of nature  
Take the power  
to control your own life  
No one else can do it for you  
Nothing is too good for you  
You deserve the best  
Take the power  
to make your life  
healthy  
exciting  
worthwhile  
and very happy  
Take the power  
to create your own dreams  
and make them come true

—Susan Polis Schutz





## Live Each Day with Love

**L**ife is a constant process  
of growth and change.  
Each day is a miracle filled  
with new discoveries  
and challenges.  
Some days bring hurt  
and disappointment also,  
but these, too, are challenges,  
and as you grow and change  
you learn to handle them  
with more ease.

Growing older means growing  
in experience,  
growing in courage and  
compassion,  
growing in love,  
and growing in strength.  
Growing older means changing  
your life to make it meaningful  
to you,  
changing your attitudes,  
and staying flexible about  
everyday living.

Life keeps getting better  
as long as you have  
a positive attitude.

Remind yourself  
of all the things  
you love about life,  
stay in touch with your  
loved ones and friends,  
and do what your own heart  
tells you to.

Your tomorrow will always bring  
you good things if you  
live each day with love.

—Donna Levine



## 18 Ways to Make Each Day of Your Life Happier

**E**very day . . .  
Share a kind word with a friend.  
Give away a smile.  
Tell one secret.  
Listen to what someone has to say.  
Listen with your heart  
to what someone cannot say.  
Try one new thing.  
Forgive one person who has hurt you.  
Forgive yourself for past mistakes.  
Realize your imperfections.  
Discover your possibilities.  
Make a new friend.  
Accept responsibility  
for everything you do.  
Refuse responsibility  
for anyone else's actions.  
Dream one dream.  
Watch the sunset.  
Cherish what you have.  
Cherish who you are.  
Love your life.

—Vickie M. Worsham





## “For This One Day”

**I** want you to begin this day anew, with the thought of becoming the person you'd like to be. Today I want you to set aside some time just for you . . . to plan, to dream, to be honest with yourself about yourself. May you become better acquainted with the wonderful person you are.

Today I want you to experience something new. I want you to learn from the world around you: from the words you read, the sounds you hear, the touches you feel, and the faces you see. Even through the course of your daily tasks, may you try to search for a new perspective, lean towards understanding, and make the commonplace a wondrous place to be. Make your happiness . . . a happiness that lasts.

I want you to think of your friends and loved ones — and be warmed by knowing that they hold on to some very meaningful thoughts of you. May you have a gentle thanks for the sunrises and smiles, along with the hardships and trials, that have helped to make you what you are today.

I wish you the kind of intuition that lets you know how naturally joy comes to those who open their eyes wide enough to envision it. I wish you the realization that — by some interesting twist — doing for others is also doing for you.

I wish you the luxury of being reminded that having a sense of humor helps you to survive, and that even when everything else goes wrong, it pays such nice dividends to simply be glad you're a part of this moment in time. I wish you the simple pleasure of being alive.

May you listen to your inner needs and comply as best as you can. For today, I wish you a little learning for your mind, as much love as your heart can hold, nourishment and exercise for your body, and being able to see the beauty of the world . . . for your soul.

Today I want you to think of the past only long enough to learn from it. And I hope you'll glance ahead to the future only for a fleeting dream you hope will come true. Today is your day. Your moment in time. Make it work . . . for you.

—Collin McCarty





**H**ow you live today  
affects all of your tomorrows.  
Remember that turning down  
the wrong road  
is part of the journey,  
and finding the way back  
is your challenge.  
Remember that if you keep love  
close to your heart,  
home will never be far away.  
There will be expectations not met,  
promises lost, tears,  
and moments of despair.  
Remember, however,  
to be grateful for the sunshine  
and to find hope in the rainbow.  
Remember to laugh from your soul  
and always hold on to your dreams.

—Bernadette Garzarelli



## A Creed for All of Us

**T**he world was made  
to be beautiful —  
but sometimes we get caught up in  
everyday actions  
completely forgetting about this  
completely forgetting that  
what is truly important  
are the simple, basic things in life —  
honest, pure emotions  
surrounded by the majestic beauty  
of nature  
We need to concentrate on  
the freeness and peacefulness of nature  
and not on the driven material aspects  
of life  
We need to smell the clear air  
after the rainfall  
and appreciate the good in things

Each of us must be responsible  
and do our part  
in order to help preserve a  
beautiful world —  
the waterfalls, the oceans, the mountains  
the large gray boulders  
the large green farms  
the fluffy pink clouds  
the sunrise and sunsets, ladybugs  
rainbows, dew, hummingbirds  
butterflies, dandelions  
We need to remember that  
we are here for a short time  
and that every day  
should count for something  
and that every day  
we should be thankful  
for all the natural beauty  
The world is a wonderful place  
and we are so lucky to be a part of it

—Susan Polis Schutz





## You Can Make a Difference in Your World

**I**t's not how much you accomplish in life  
that really counts,  
but how much you give to others.  
It's not how high you build your dreams  
that makes a difference,  
but how high your faith can climb.  
It's not how many goals you reach,  
but how many lives you touch.  
It's not who you know that matters,  
but who you are inside.

Believe in the impossible,  
hold tight to the incredible,  
and live each day to its fullest potential.  
You can make a difference in your world.

—Rebecca Barlow Jordan



## Be Proud of Who You Are

**P**ride is loving yourself for who you are  
and who you will become;  
it's a gentle knowledge of  
your strengths and weaknesses,  
a respect for yourself because  
you are a unique human being.  
Pride is loving the things you do  
and doing whatever it takes to do them well;  
it's being concerned with the little details  
and taking the time to work on them.  
Pride is knowing that you have the courage  
to withstand the pressures  
and disappointments of life;  
it's having dignity when faced  
with difficult situations,  
and maintaining your self-esteem  
even when things are not going well.

Pride is having the ability to laugh at yourself,  
to know that your mistakes  
are only steppingstones to your success.  
Pride is loving the world around you  
and being glad to offer help  
to someone who needs a friend;  
It's speaking and thinking  
of all the good you see,  
giving encouragement where you can,  
and listening to those around you.  
Pride is feeling good about yourself  
and doing the things that make you happy.  
It's being interested and enthusiastic about life  
It's giving yourself to life  
as well as accepting the best that life has for you

—Donna Levine



## Don't Ever Be Afraid to Be Yourself

**I**n a world of comparisons  
and conformity,  
make your own statement.  
Honor your own truth.  
Have the courage to be yourself;  
risk speaking your own thoughts  
and claiming your emotions.  
Share your vulnerabilities,  
fears, doubts, and insecurities;  
let others experience the real you.  
Have the courage to be yourself,  
and realize that you are  
a wonderful person.

—Diane Holcomb





## Life Is as Beautiful as You Make It

**A**lways live your life to its fullest.  
Enjoy laughter, touch a star.  
Smile for today  
while you shine through your tomorrows.  
Open your heart to strangers;  
destiny may bring newfound friends.  
Venture out, conquer the unconquerable.  
Look where others dare not look,  
and question all that is questionable.  
Remember that happiness is the home  
we build within ourselves.  
Speak your mind.  
Hear a symphony within silence.  
Open your heart.  
Challenge tomorrows  
and treasure yesterdays.  
Capture all that you can  
in this beautiful creation called life.

—William J. Burrows

## Promise Yourself

**P**romise yourself to be so strong that nothing  
can disturb your peace of mind. To talk health,  
happiness and prosperity to every person you  
meet. To make all your friends feel that there is  
something in them. To look at the sunny side of  
everything and make your optimism come true.  
To think only of the best, to work only for the  
best and expect only the best. To be just as  
enthusiastic about the success of others as you  
are about your own. To forget the mistakes of the  
past and press on to the greater achievements of  
the future. To wear a cheerful countenance at all  
times and give every living creature you meet a  
smile. To give so much time to the improvement  
of yourself that you have no time to criticize  
others. To be too large for worry, too noble for  
anger, too strong for fear and too happy to  
permit the presence of trouble.

—Christian D. Larson





No Matter  
What Dark Clouds  
May Come Your Way,  
Keep on Shining  
like the Sun

**W**e all know that  
no matter how many clouds  
get in the way,  
the sun keeps on shining.  
No matter how many times its rays  
are blocked from our view,  
the sun will reappear on another day  
to shine more brilliantly than before.  
It takes determination  
to outlast those dark clouds  
that sometimes enter your life,  
and patience to keep on shining  
no matter what gets in your way.  
But it all pays off eventually.  
One of these days  
when you least expect it,  
you'll overcome your difficulties,  
because you and the sun  
have a lot in common:  
You're both going to shine  
no matter what.

—Barbara J. Hall



## Patience

**P**atience is learning how to wait  
when you really don't want to.  
It's discovering things you like to do  
while you're waiting,  
and becoming so happy with  
what you're doing that you  
forget you're waiting.  
Patience is taking time every day  
to dream your dreams  
and develop the confidence in yourself  
to change your dreams into reality.  
Patience is being good to yourself  
and having the faith to hold on to your dreams,  
even as days go by when you can't see  
how they will come true.  
Patience is loving others  
even when they disappoint you  
and you don't understand them.  
It's knowing how to let go  
and accept others as they are  
and forgive them for things they have done.

Patience is loving yourself  
and giving yourself time to grow;  
it's doing things that keep you  
healthy and happy,  
and it's knowing that you deserve  
the best in life  
and are willing to work for it,  
no matter how long it takes.  
Patience is being willing to face  
whatever challenges life gives you,  
realizing that life has also given you  
the strength and courage to endure  
and deal with each challenge.  
Patience is the ability to  
continue to love and laugh  
no matter what your circumstances may be,  
because you recognize that in time  
those circumstances will change,  
and that love and laughter  
are what give life deeper meaning,  
and you the determination  
to continue to have patience.

—Donna Levine





## Life Isn't Always Easy

**L**ife can be unfair at times,  
and those are the times  
when you must maintain faith  
and never let go.  
It is especially during the difficult times  
that you must live your life  
to its fullest potential.  
Those are the times to triumph  
over circumstances  
with hope and courage.  
Life isn't always easy,  
but if you keep going and persevere  
to the very best of your ability,  
you will gain strength to manage  
the new challenges ahead.  
Each goal that you reach  
is another important step forward.  
Believe that there are  
bright and wonderful days  
ahead for you,  
and you will find them.

—Mary A. Rothman



## Courage

**C**ourage is the strength  
to stand up when it's  
easier to fall down.  
It is the conviction  
to explore new horizons  
when it's easier  
to believe what we've been told.

Courage is the desire to maintain  
our integrity when it's easier  
to look the other way.  
It is feeling happy and alive  
when it's easier to feel  
sorry for ourselves.

Courage is the will to shape  
our world when it's easier  
to let someone else do it for us.  
It is the recognition  
that none of us are perfect,  
when it's easier to criticize others.

Courage is the power to step forward  
and lead when it's easier  
to follow the crowd.  
It is the spirit that places you  
on top of the mountain  
when it's easier  
to never leave the ground.

Courage is the freedom  
of our mind, body, and soul.

—John Carzello





## Hold On Tightly to What Is Truly Important in Life

**H**old on to faith; it is the source of believing that all things are possible. It is the fiber and strength of a confident soul.

Hold on to hope; it banishes doubt and enables attitudes to be positive and cheerful.

Hold on to trust; it is at the core of fruitful relationships that are secure and content.

Hold on to love; it is life's greatest gift of all, for it shares, cares, and gives meaning to life.

Hold on to family and friends; they are the most important people in your life, and they make the world a better place. They are your roots and the beginnings that you grew from; they are the vine that has grown through time to nourish you, help you on your way, and always remain close by.

Hold on to all that you are and all that you have learned, for these things are what make you unique. Don't ignore what you feel and what you believe is right and important; your heart has a way of speaking louder than your mind.

Hold on to your dreams; achieve them diligently and honestly. Never take the easy way or surrender to deceit. Remember others on your way, and take time to care for their needs. Enjoy the beauty around you. Have the courage to see things differently and clearly. Make the world a better place one day at a time, and don't let go of the important things that give meaning to your life.

—Kelly D. Caron

**H**ope is not pretending  
that troubles don't exist.  
It is the trust  
that they will not last forever,  
that hurts will be healed  
and difficulties overcome.  
It is faith that  
a source of strength and renewal  
lies within  
to lead us through the dark  
into the sunshine.

—Elizabeth A. Chase

## The True Secret of Happiness

**E**very day, have  
something to do  
or somewhere to go  
Every day have  
someone to call  
someone to see  
someone to love  
But most important  
every day have  
something to give  
to someone

—Natasha Josefowitz





## Be Thankful for All the Gifts You've Been Given

**B**elieve that you have the innate ability  
to become all you are capable of becoming.

Forget the problems that don't matter anymore,  
the tears that cried themselves away,  
and the worries that will wash away  
on the shore of tomorrow.

Determine your own worth  
by yourself,  
and do not be dependent  
on another's judgment of you.

Teach love  
to those who know hate.

Dare to dream,  
and live those dreams,  
for it is in your dreams  
that you can begin to realize  
your true destiny.  
Live with an aliveness,  
a joy, a wonder  
for all the gifts  
you've been given.

—Debbi Oehman

## All the Great Things Improve with Time

**L**ike wisdom handed down  
through the years.  
And the trees as they so  
wonderfully grow.  
Like wine as it gently ages.  
And rivers as they flow.  
  
Like memories that keep getting better.  
And the bond between friends.  
Like happiness and serenity.  
And love that never ends.  
  
All the great things improve with time.  
With qualities that become more dear.  
Like people who were incredibly special  
to begin with.  
And who keep getting better each year.

—Casey Whilson

## You Can Accomplish Anything You Choose

**T**ry to see yourself as you really are —  
powerful, sensitive, determined,  
and gracious.  
See yourself achieving everything  
you choose to achieve  
and being exactly  
who and what you want to be.  
  
See yourself flourishing  
and conquering all limitations.  
See yourself for who you really are  
and what you are capable of —  
someone who can accomplish anything.

—Lea Marie Tomlyn





## Always Do Your Best

**F**ind your strength. Search for that smile of yours that makes everything brighter. Hang in there, even though that can be easier said than done. Have faith.

Don't give up. Make a commitment . . . between your determination, your hopes, and your heart . . . that your sun is going to shine in the sky. Live your life a day at a time, and things will get better by and by.

Find your way through the days with the light that shines within you. Leave a smile where there wasn't one before. Help a hurt; make it mend. Find the strength to make things right again.

Go forward, from one steppingstone to another. Reach out a little farther. If you believe you can, then you will make it through. Listen a little more often to what your heart has to say. Do the things that are important to you.

Make today everything you dreamed it could be. Don't settle for less. Use the precious hours you've been given as wisely as you can. Always do your best.

—Chris Gallatin



## Find Happiness in Everything You Do

**P**eople will get only what they seek  
Choose your goals carefully  
Know what you like  
and what you do not like  
Be critical about what you can do well  
and what you cannot do well  
Choose a career or lifestyle that interests you  
and work hard to make it a success  
but also have fun in what you do  
Be honest with people  
and help them if you can  
but don't depend on anyone  
to make life easy or happy for you  
(only you can do that for yourself)  
Be strong and decisive  
but remain sensitive  
Regard your family, and the idea of a family  
as the basis for security, support and love

Understand who you are  
and what you want in life  
before sharing your life with someone  
When you are ready to enter a relationship  
make sure that the person is worthy of  
everything you are physically and mentally

Strive to achieve all that you want  
Find happiness in everything you do  
Love with your entire being  
Love with an uninhibited soul  
Make a triumph  
of every aspect  
of your life

—Susan Polis Schutz





## Within You Is the Strength to Meet Life's Challenges

**Y**ou are stronger than you think —  
remember to stand tall.  
Every challenge in your life  
helps you to grow.  
Every problem you encounter  
strengthens your mind and your soul.  
Every trouble you overcome  
increases your understanding of life.  
When all your troubles weigh heavily  
on your shoulders,  
remember that beneath the burden  
you can stand tall,  
because you are never given  
more than you can handle —  
and you are stronger  
than you think.

—Lisa Wroble



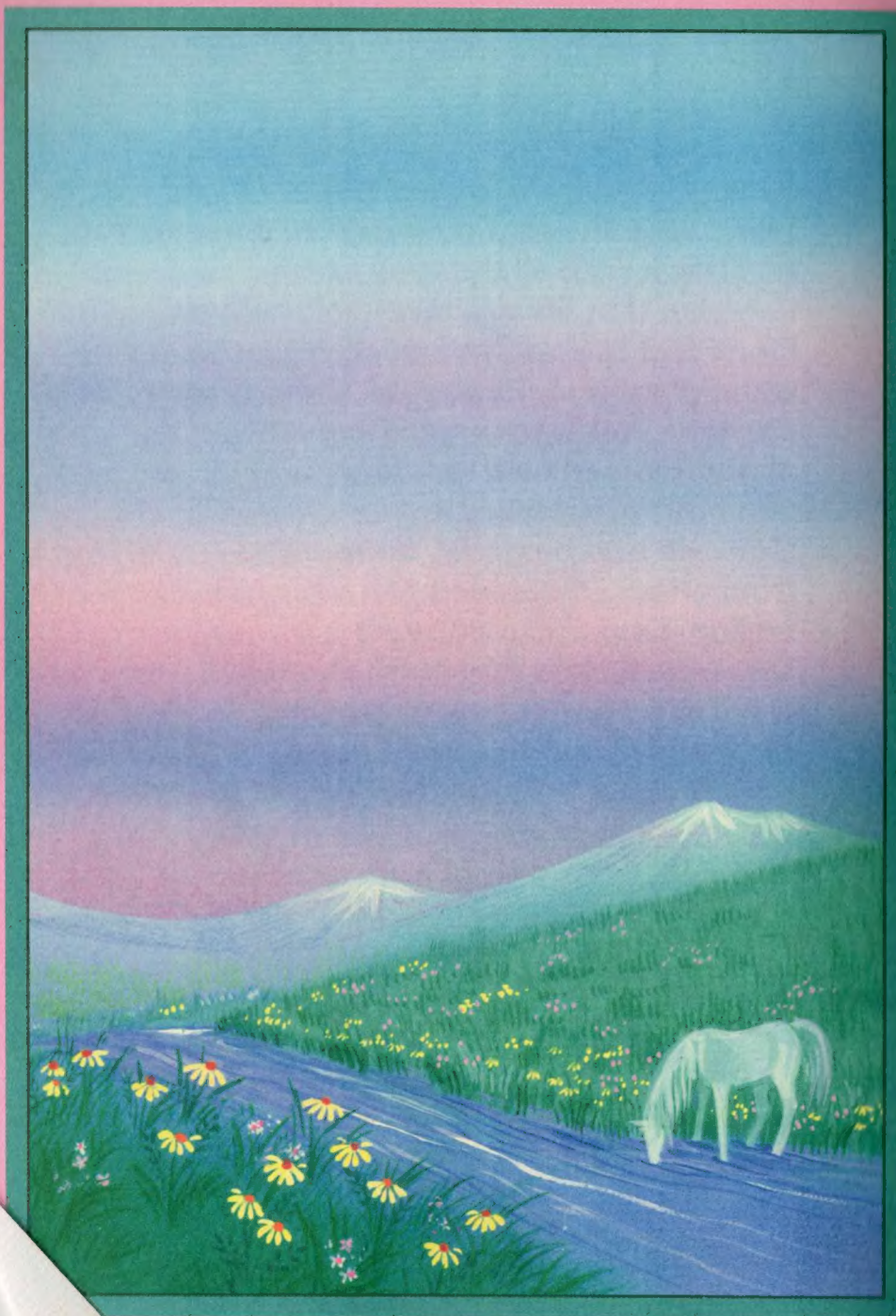
## Remember These Words . . .

**D**on't let go of hope.  
Hope gives you the strength to keep going  
when you feel like giving up.  
Don't ever quit believing in yourself.  
As long as you believe you can,  
you will have a reason for trying.  
Don't let anyone hold  
your happiness in their hands;  
hold it in yours,  
so it will always be within your reach.  
Don't measure success or failure  
by material wealth, but by how you feel;  
our feelings determine the richness of our lives.  
Don't let bad moments overcome you;  
be patient, and they will pass.  
Don't hesitate to reach out for help;  
we all need it from time to time.  
Don't run away from love but towards love,  
because it is our deepest joy.

Don't wait for what you want to come to you;  
go after it with all that you are,  
knowing that life will meet you halfway.  
Don't feel like you've lost  
when plans and dreams fall short of your hopes.  
Anytime you learn something new  
about yourself or about life,  
you have progressed.  
Don't do anything that takes away  
from your self-respect;  
feeling good about yourself  
is essential to feeling good about life.  
Don't ever forget how to laugh  
or be too proud to cry.  
It is by doing both that we live life to its fullest.

—Nancye Sims





## Take Each Day One at a Time

**O**ne day  
at a time —  
this is enough.  
Do not look back  
and grieve over  
the past,  
for it is gone,  
and do not be troubled  
about the future,  
for it has not yet come.  
Live in the present,  
and make it so beautiful  
that it will be worth  
remembering.

—Ida Scott Taylor